

, 24 - 26

2024 .

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11
24.01.2024 - 13:22

, 400m

2009 - 2010

: FINA 2023

			/			rt		FINA	
1.			2009			+0,82		4:38.08	614
	50m:	31.17	31.17	150m:	1:39.65	34.16	250m:	2:50.66	35.53
	100m:	1:05.49	34.32	200m:	2:15.13	35.48	300m:	3:27.16	36.50
								350m:	4:03.71
								400m:	4:38.08
2.			2010			+0,73		4:43.01	582
	50m:	31.33	31.33	150m:	1:41.09	34.96	250m:	2:53.63	36.03
	100m:	1:06.13	34.80	200m:	2:17.60	36.51	300m:	3:30.86	37.23
								350m:	4:07.29
								400m:	4:43.01
3.			2009					4:50.97	536
	50m:	32.17	32.17	150m:	1:43.45	36.36	250m:	2:58.16	38.12
	100m:	1:07.09	34.92	200m:	2:20.04	36.59	300m:	3:36.42	38.26
								350m:	4:14.34
								400m:	4:50.97
4.			2009 1			+0,76		4:54.40	517
	50m:	32.27	32.27	150m:	1:45.08	36.90	250m:	3:01.57	38.11
	100m:	1:08.18	35.91	200m:	2:23.46	38.38	300m:	3:40.14	38.57
								350m:	4:17.68
								400m:	4:54.40
5.			2010 1			+0,61		4:57.68	500
	50m:	33.00	33.00	150m:	1:47.19	37.74	250m:	3:04.25	38.77
	100m:	1:09.45	36.45	200m:	2:25.48	38.29	300m:	3:42.61	38.36
								350m:	4:21.20
								400m:	4:57.68
6.			2010					5:03.38	473
	50m:	33.25	33.25	150m:	1:48.03	38.48	250m:	3:06.27	39.77
	100m:	1:09.55	36.30	200m:	2:26.50	38.47	300m:	3:45.68	39.41
								350m:	4:24.98
								400m:	5:03.38
7.			2009 1			+0,76		5:03.45	472
	50m:	33.43	33.43	150m:	1:48.42	38.33	250m:	3:05.74	39.19
	100m:	1:10.09	36.66	200m:	2:26.55	38.13	300m:	3:45.87	40.13
								350m:	4:24.69
								400m:	5:03.45
8.			2010					5:05.59	462
	50m:	32.69	32.69	150m:	1:47.39	38.11	250m:	3:05.48	38.87
	100m:	1:09.28	36.59	200m:	2:26.61	39.22	300m:	3:45.96	40.48
								350m:	4:25.75
								400m:	5:05.59
9.			2010 1					5:06.42	459
	50m:	34.17	34.17	150m:	1:50.58	38.96	250m:	3:09.03	39.44
	100m:	1:11.62	37.45	200m:	2:29.59	39.01	300m:	3:48.54	39.51
								350m:	4:27.91
								400m:	5:06.42
10.			2010 1					5:06.99	456
	50m:	34.19	34.19	150m:	1:51.43	39.13	250m:	3:09.93	39.29
	100m:	1:12.30	38.11	200m:	2:30.64	39.21	300m:	3:49.17	39.24
								350m:	4:28.74
								400m:	5:06.99
11.			2010 1			+0,82		5:07.89	452
	50m:	33.52	33.52	150m:	1:49.16	38.96	250m:	3:08.61	40.41
	100m:	1:10.20	36.68	200m:	2:28.20	39.04	300m:	3:48.59	39.98
								350m:	4:29.43
								400m:	5:07.89
12.			2009 1			+0,82		5:09.17	447
	50m:	33.84	33.84	150m:	1:50.83	38.88	250m:	3:10.25	39.65
	100m:	1:11.95	38.11	200m:	2:30.60	39.77	300m:	3:50.88	40.63
								350m:	4:30.35
								400m:	5:09.17
13.			2010 2			+0,71		5:09.32	446
	50m:	34.29	34.29	150m:	1:51.18	39.04	250m:	3:10.82	39.99
	100m:	1:12.14	37.85	200m:	2:30.83	39.65	300m:	3:51.46	40.64
								350m:	4:31.55
								400m:	5:09.32
14.			2010 2			+0,79		5:13.16	430
	50m:	35.23	35.23	150m:	1:52.90	39.74	250m:	3:13.76	40.54
	100m:	1:13.16	37.93	200m:	2:33.22	40.32	300m:	3:54.34	40.58
								350m:	4:35.06
								400m:	5:13.16
15.			2009 2			+0,78		5:13.50	428
	50m:	34.18	34.18	150m:	1:52.18	39.17	250m:	3:12.20	39.19
	100m:	1:13.01	38.83	200m:	2:33.01	40.83	300m:	3:53.06	40.86
								350m:	4:33.20
								400m:	5:13.50
16.			2009 1					5:18.05	410
	50m:	34.84	34.84	150m:	1:53.59	40.01	250m:	3:14.78	40.36
	100m:	1:13.58	38.74	200m:	2:34.42	40.83	300m:	3:56.59	41.81
								350m:	4:38.08
								400m:	5:18.05

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"ALGE-TIMING"

		, 24 - 26		2024 .						" , 50	
		11, , 400m				2009 - 2010					
				/				rt		FINA	
17.				2010	2					5:19.09	406 2
	50m:	33.77	33.77	150m:	1:52.05	39.98	250m:	3:15.77	42.32	350m:	4:39.69 41.74
	100m:	1:12.07	38.30	200m:	2:33.45	41.40	300m:	3:57.95	42.18	400m:	5:19.09 39.40
18.				2009	2					5:23.53	390 2
	50m:	36.12	36.12	150m:	1:57.03	41.13	250m:	3:19.29	40.53	350m:	4:42.92 42.04
	100m:	1:15.90	39.78	200m:	2:38.76	41.73	300m:	4:00.88	41.59	400m:	5:23.53 40.61
19.				2010	2					5:24.21	387 2
	50m:	36.86	36.86	150m:	1:59.30	41.26	250m:	3:21.52	40.97	350m:	4:44.10 40.53
	100m:	1:18.04	41.18	200m:	2:40.55	41.25	300m:	4:03.57	42.05	400m:	5:24.21 40.11
20.				2010	2					5:27.96	374 2
	50m:	37.85	37.85	150m:	2:01.36	41.56	250m:	3:23.66	40.89	350m:	4:47.80 41.93
	100m:	1:19.80	41.95	200m:	2:42.77	41.41	300m:	4:05.87	42.21	400m:	5:27.96 40.16
21.				2010	2					5:28.13	373 2
	50m:	35.39	35.39	150m:	1:57.97	42.24	250m:	3:22.66	42.23	350m:	4:47.19 41.94
	100m:	1:15.73	40.34	200m:	2:40.43	42.46	300m:	4:05.25	42.59	400m:	5:28.13 40.94
22.				2010	2					5:28.77	371 2
	50m:	34.42	34.42	150m:	1:56.21	42.45	250m:	3:21.61	42.58	350m:	4:47.72 42.42
	100m:	1:13.76	39.34	200m:	2:39.03	42.82	300m:	4:05.30	43.69	400m:	5:28.77 41.05
23.				2009	1			+0,80		5:30.56	365 2
	50m:	36.85	36.85	150m:	2:00.54	41.94	250m:	3:24.86	40.46	350m:	4:51.95 43.15
	100m:	1:18.60	41.75	200m:	2:44.40	43.86	300m:	4:08.80	43.94	400m:	5:30.56 38.61